PARANORMAL UNDERGROUND®

Volume 15, Issue 2

February 2022

Dr. Jamie Pearce

Historic Haunts Investigations

Investigating the Haunted Gridley House

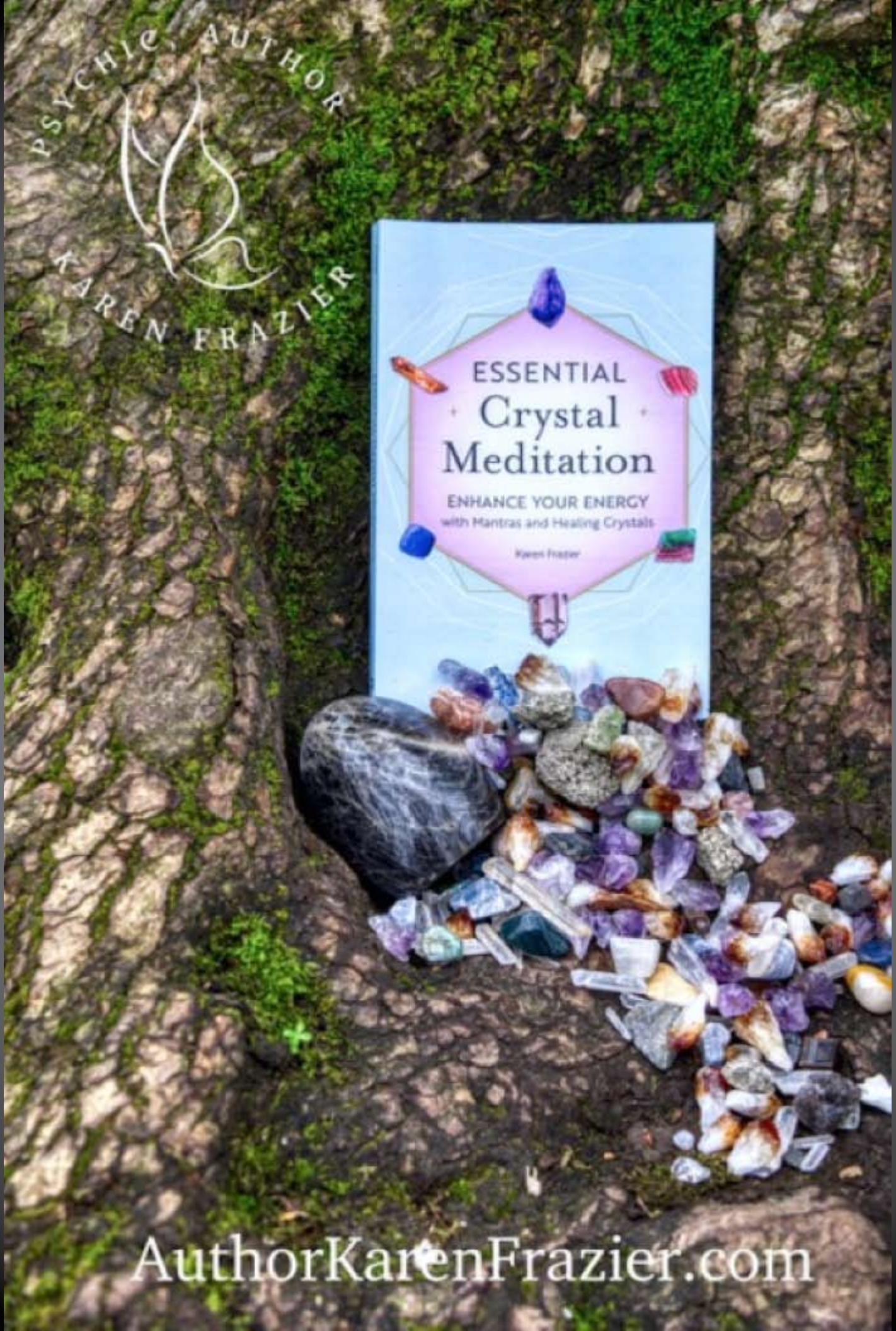
The Haunted Grand Galvez Hotel & Spa

UFOs in the Chihuahuan Desert

How to Remember Your Dreams

ALSO INSIDE:

- The Paranormal Alliance With Forest Creatures & Cryptids
- The Spirit Rescue of David George Bennet
- How 'Night of the Living Dead' Pushed the Boundaries
- Paranormal Encounters: To Tell or Not to Tell?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CHERYL LYNN CARTER

Cheryl is a psychic medium, remote viewer, and Usui Shiki Ryoho Reiki Master. Having her first paranormal experience at age four built the foundation for becoming a paranormal and historical researcher for the past 20 years. Cheryl is an experiencer and a member of MUFON and CE-5. She served as a consultant for Thomas Conwell's book *They Are Here: Central US UFOs*.

Cheryl is a freelance journalist and international author of *Dimensions: Mysterious Triangles of the US* and coauthor of *Digging Into Skinwalker Ranch*.

cheryllynncarter.com

KAREN FRAZIER

Karen is a psychic medium and author and cohost of the podcasts *Intention Is Everything* and *Paranormal Underground Radio*. Her published paranormal books include *Higher Vibes Toolbox: Vibrational Healing for an Empowered Life*; *Dark of Night in the Light of Day: The Art of Interpreting Your Dreams*; and *Avalanche of Spirits: The Ghosts of Wellington*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

authorkarenfrazier.com

MAXIM W. FUREK

Maxims rich background includes aspects of psychology, addictions, music journalism, and the paranormal. He has a master's degree in communications from Bloomsburg University and a bachelor's degree in psychology from Aquinas College.

He interviewed celebrity demonologists Ed and Lorraine Warren and was featured on *Exploring the Bizarre*, with the late legendary Timothy Green Beckley (Mr. UFO) and Tim R. Swartz (Commander X). His book, *Sheppton: The Myth, Miracle & Music*, investigates supernatural events during a Pennsylvania mining disaster.

Maxim has been interviewed on paranormal programs Darkness on the Edge of Town, Darkness Radio, Dark Sun Rising, Midnight in the Desert (with Heather Wade), Normal Paranormal, and Para-X Radio. He is a contributor to *Fate Magazine*.

maximfurek.com

WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

RICK HALE

A native of Chicago, Illinois, Rick has had an interest in anomalous phenomena since having a positive encounter with an apparition at an early age.

He is the deputy editor of Mysterious Phenomenon for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.

CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 30 years of experience as a professional writer and editor and has written thousands of articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

paranormalunderground.net

MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bach-

elor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of SageGoddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.

sagegoddess.com

RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood. The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

dimensionalwalking@gmail.com

PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.

Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

cryptic916.com

T STOKES

T Stokes is a holistic palmist and the author of the book *50 Case Studies in Modern Palmistry*. He trained with mediums Doris Collins and Doris Stokes and psychiatrists Henri Rey and Joyce McDougall. He was the first U.K. lecturer on paraspiritual studies, metaphysics, and eschatology. He is now retired and is an occasional consultant.

tstokes.co.uk

ALBERT TORRES

Albert is a songwriter and artist whose love for the paranormal has become more than just flipping through pages. Although having an interest throughout his life in the paranormal, he found a real passion for it after a few occurrences turned on an investigative light for him. Moreover, he decided to tell other people's stories using the platform YouTube, creating a channel called "The Hot Sheets: South Texas Paranormal Commentary" that discusses cryptids and hauntings.

Albert is a huge fan of Linda Godfrey and her study of cryptids, and he also has a passion for researching the occult and how it influences the world politically and in the entertainment industry.

youtube.com/channel/UCvh8cgYmKjH5lsVA85EKAPQ

CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

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Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

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EDITORIAL

PUBLISHER
Chad Wilson

EDITOR-IN-CHIEF
Cheryl Knight-Wilson
paranormalunderground@live.com

NEWS EDITOR
Morgan Lineberry

SCIENCE EDITOR
J.D. Harrison

CONTRIBUTORS
Cheryl Lynn Carter
Karen Frazier
Maxim W. Furek
Rick Hale
Willie Windwalker Gibson
Athena Perrakis
Rainbow Radaelli
Paul Dale Roberts
T Stokes
Albert Torres

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March 5
Austin Witchfest
Jourdan-Bachman Pioneer Farms
Austin, TX

March 17–20
TransWorld's Halloween & Attractions Show
America's Center
St. Louis, MO

March 25–27
Rochester Winter Parafest
Valley Oak Event Center
Geneseo, NY

March 25–27
HorrorHound Weekend
SharonVille Convention Center
Cincinnati, OH

April 1–2
Bigfoot Days
The Ridgeline Hotel and Conference Center & Bond Park
Estes Park. CO

April 2
Spring History Haunts and Legends Event
Jefferson Visitor's Center
Jefferson, TX

April 8–10
Ozark Mountain UFO Conference
Best Western Inn of the Ozarks
Eureka Springs, AR

April 9
MUFON Pittsburgh Area UFO Conference
Westmoreland Community College
Youngwood, PA

April 22–23
Nebraska Bigfoot Conference
Hastings, NE

April 29–May 1
CrimeCon: Las Vegas
Paris and Bally's
Las Vegas, NV

April 30
Ohio Bigfoot Conference
Salt Fork State Park Lodge & Conference Center
Lore City, OH

May 7
Smoky Mountain Bigfoot Festival
Townsend Visitors Center
Townsend, TN

May 13–14
WNC Bigfoot Festival
Downtown Marion, NC
Marion, NC

May 13–15
West Coast Haunters Convention
DoubleTree by Hilton Hotel Portland
Portland, OR

May 20–22
ParaVation
Hupps Hill Visitor Center
Strasburg, VA

May 20–22
ParaPsyCon
The Ohio State Reformatory
Mansfield, OH

E-mail your paranormal event to paranormalunderground@live.com. ◆

Rob St. Helen
Mar. 9, 1971 – Feb. 22, 2022

We are sad to report that *Paranormal Underground* magazine columnist and good friend Rob St. Helen passed away this month. Rob wrote for the magazine for many years about the haunted hotel where he worked.

Even though Rob lived with chronic critical illness, those who knew Rob admired his love of life and his positive impact on those around him, including the paranormal community. Rob leaves behind two adult children.

Below are a few words about Rob from his good friend and *Paranormal Underground* contributor Karen Frazier:

I feel lucky to have beautiful people in my life and to live a life filled with their Love.

One of those beautiful souls departed the physical plane this week, my friend Rob St. Helen. I will miss his physical presence deeply, but I can feel his energy still with me and all around me, echoed in the words, souls, and hearts of all whose lives he has touched — and there are many.

I cannot speak or think of Rob in the past tense. I have tried to be very deliberate in speaking about him in the Now.

Rob is not gone; only his body is. The beautiful energy that suffused his being fills the skies at night as stars and warms the seas during the day as sunlight. His energy flows, ever and on, and we only need to stop and be present to know that Rob's Love is still here in every breath we take.

Energy never dies. Love lives on.

Tell those who are still in your physical presence that you love them and hold them dear, for energy can change form in any moment. And if it does, know that their Love isn't in the past, it is here now. To feel it, you only need to be present.

I love you dear souls.

— Karen Frazier ◆

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Cheryl Knight-Wilson
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Dr. Jamie Pearce

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Ghost Face, Yowie Sighting & UFOs in Brooklyn

By Morgan Lineberry

Do Ghosts Haunt Churches?

Churches are historically a safe place, providing sanctuary for almost anyone. According to Jocelyne LeBlanc of *Mysterious Universe*, this may extend to ghosts. Apparently, last December, a ghostly face was caught on camera at a church in Cornwall, England.

Photo: Candice Collins

LeBlanc states that the "Cornish Ghost Whispers team was at the supposedly haunted church doing a live investigation when the alleged ghost face was seen staring at them through one of the windows."

While many people are saying that it looked more like an owl sitting outside of the window, that was not the only strange occurrence that night. The team also claims to have "captured a disembodied voice on their ghost box."

The church does have a reputation for being haunted. So, even without conclusive photographic evidence, the location and voices are enough to make for a spooky tale.

Mysterious Moon Cube

Jordan Mendoza of *USA Today* tells us that China's Yutu 2 rover has "spotted a mysterious cube-shaped object" on the dark side of the moon.

While the most likely explanation is some sort of collision causing a rock pile-up, many people have their own theories. One person commented that "if humanity ends up unearthing some ancient cosmic evil, at least it'll be more entertaining than our current situation."

Could this be some sort of ancient relic? Or just a pile of rocks? Perhaps we'll know the answer one day.

Trio Spots a Yowie in Australia

Coast to Coast AM writer Tim Binnall brings us a Yowie sighting that occurred in December in Australia. According to the report, three "Australian men claim that they spotted a Yowie while driving home from work."

The three men were heading down a deserted road in the rural area of Jimna in Queensland when they got quite a shock. They spotted a slumping figure in the distance, and when they got closer they noticed that it was covered in hair. When it turned to look at them, it had "a face resembling an ape."

They were all shocked and in disbelief after the sighting and have since "attempted to explore the area in hopes of seeing the elusive creature once again, but their pursuits have been futile," according to the report.

This sighting, although lacking any photographic or vid-

→

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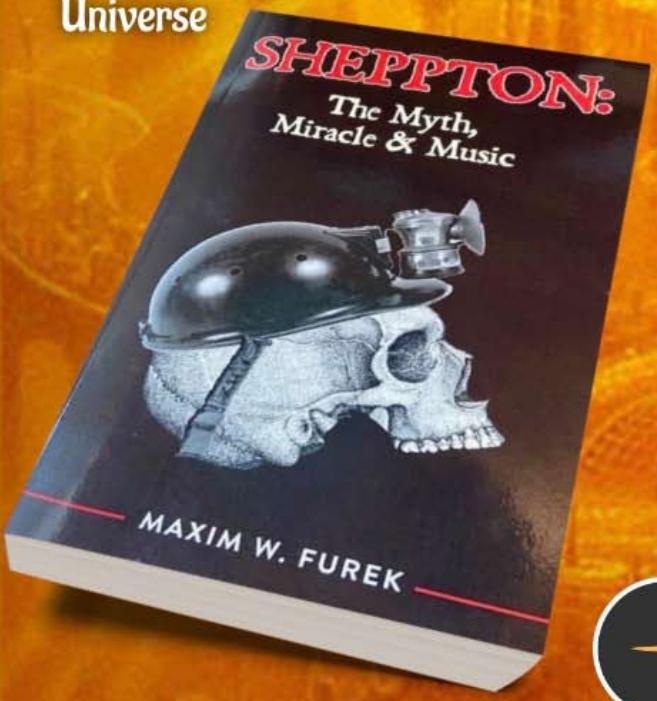

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eo evidence, is amazing because there were three witnesses who got a good look. And all agree on what they saw.

Perhaps they should bring in a team of experts to help aide the search.

UFO Sighting in Brooklyn

According to Dave Basner of WBZ 1030 News Radio, New Yorker Hamid Vitalis spotted something on his way to work in Brooklyn back in May 2021 that made him take out his phone and start filming.

Vitalis "looked in the sky and noticed three orbs of light that formed a pyramid, seemingly hovering there," the report said. But that wasn't the only thing that points to UFO. As he was filming, a plane flew nearby "and two of the lights immediately disappear while the third slowly dims before it also vanishes."

This proves that whatever the lights were, they had an intelligent being piloting them and they did not want to be seen by the people on the plane.

Some suggestions for the UFO have been sky lanterns or drones, but an aviation expert has weighed in, saying that the lights are too bright to be either one. The FAA has yet to comment on the sighting.

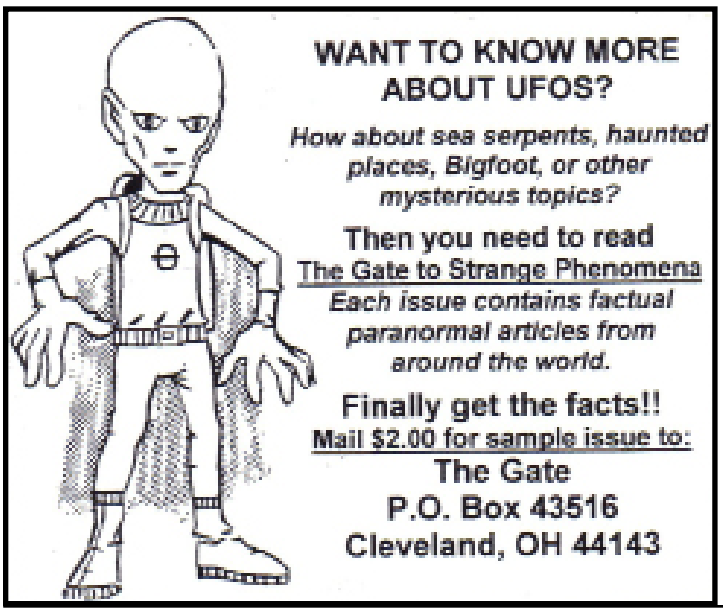
You can watch the video here.

Ghost Mist Captured on Doorbell Cam

One of the great things about the surge in technology is that we are able to capture evidence of the paranormal often without meaning to. *Daily Record's* Tom Duffy and Chloe Burrell explain that this happened to Phil Johnson of Speke, a suburb of Liverpool in the U.K.

As Phil was reviewing some doorbell camera footage from earlier in the day when he was taking the trash out, he saw a "strange object" go past his head. The object in question looks like a smoky mass that makes a direct path across the screen.

The phenomenon has made Phil a believer of the paranormal. He states that he "never used to believe in ghosts" but does now. After posting the clip on social media, Phil's friends and family members were also spooked by the footage. It does look pretty ghostly! You can watch the video footage here.◆



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'NIGHT OF THE LIVING DEAD'

PUSHED THE BOUNDARIES OF THE HORROR GENRE

By Maxim W. Furek, maximfurek.com

Shot in rural Evans City, Pennsylvania, *Night of the Living Dead* fleshed out its reputation as birthmother to the zombie film, pushing the boundaries of the horror genre from psychological suspense to buckets full of gore.

The 1968 American horror film, produced one year before Woodstock's peace and love music festival, was written, directed, and photographed by the late George A. Romero (1940–2017). Romero's independent film was cobbled from drips and drabs of other similar themes, hidden gems he successfully mined.

For example, Romero and co-writer John Russo found inspiration in Richard Matheson's classic 1954 vampire novelette *I Am Legend*. Matheson's plot, about a virus created to battle cancer, mutates into a plague turning people into carnivorous vampire-like creatures. Matheson's theme was later imitated in a host of other post-apocalyptic films, such as Vincent Price's *The Last Man on Earth* (1964) and Cormac McCarthy's *The Road* (2006).

Romero also drew inspiration from the late Pittsburg filmmaker Herschell Gordon Lewis (1926–2016), who was often called the "Godfather of Gore." Lewis is recognized for creating the "splatter" subgenre of horror films. Fred Beldin, writing for *AllMovie*, observed:

> *Herschell Gordon Lewis was a pioneer with his better-known gore films, going further than anyone else dared, probing the depths of disgust and discomfort onscreen with more bad taste and imagination than anyone of his era.*

The word "zombie" was never used in *Night of the Living Dead.*

Lewis tried his hand at numerous exploitation genres, including juvenile delinquency and nudie-cuties, but he was best known for films such as *Blood Feast* (1963), considered by most critics to be the first "gore" film, and *Color Me Blood Red* (1965).

Undead Ghouls

Night of the Living Dead's plotline follows seven people trapped in a rural farmhouse in Western Pennsylvania, under assault by an enlarging group of cannibalistic, undead ghouls who have returned to life after an exploded Venus probe exposed them to an unknown form of radiation.

Now regarded as a classic, *Night of the Living Dead* received considerable criticism after its release for its graphic use of gore.

The film starred Duane Jones and included friends and relatives, local stage and amateur actors, and residents from the area, providing an opportunity for everyone to be a movie star.

Romero completed the film on a budget of approximately $100,000 but was quick to see a return on his investment. Just how successful was Romero's film? *Night of the Living Dead* had its theatrical premiere in Pittsburgh on October 1, 1968. The film eventually grossed $12 million domestically and $18 million internationally, earning more than 250 times its budget and making it one of the most profitable film productions ever made at the time, even though the project was shot on a shoestring budget.

That technique was scrutinized by film reviewer Matt Brunson, writing in *Film Frenzy*:

> *Here's one of those happy examples when limited resources actually enhance the final product, as the ultra-low-budget — evidenced by natural settings, black-and-white film stock, and a shooting style that frequently borrows from the documentary playbook — is largely responsible for turning this into one of the classic horror films of all time.*

The low-budget *Night of the Living Dead*, actualized by special effects guru Tom Savini, was significant for its unforgiving snippets of zombies munching on human flesh but can also be viewed as a metaphor for the COVID-19 pandemic and the post-apocalyptic narrative, "Can we survive?"

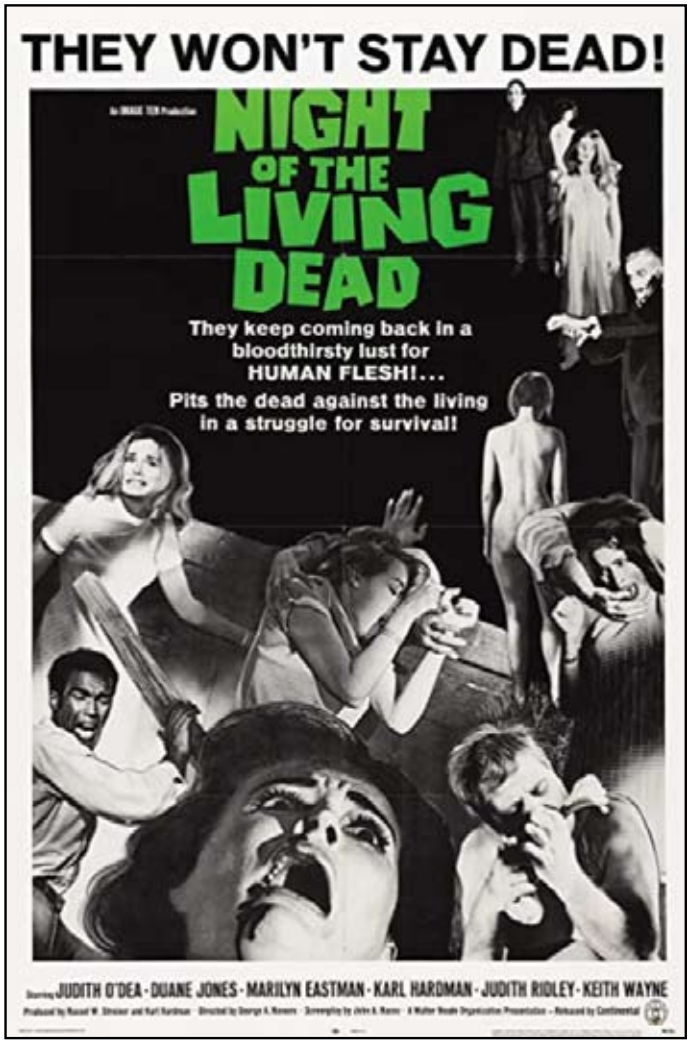
The original idea for "Night of the Living Dead" was for an alien comedy.

Library of Congress

Night of the Living Dead's explicit violence and gore circumvented the Motion Picture Association of America rating system, according to film critic Roger Ebert:

> *The new Code of Self-Regulation, recently adopted by the Motion Picture Association of America, would presumably restrict a film like this one to mature audiences. But "Night of the Living Dead" was produced before the MPAA code went into effect, so exhibitors technically weren't required to keep the kids out.*

Still, the film represented more than a mere bloody



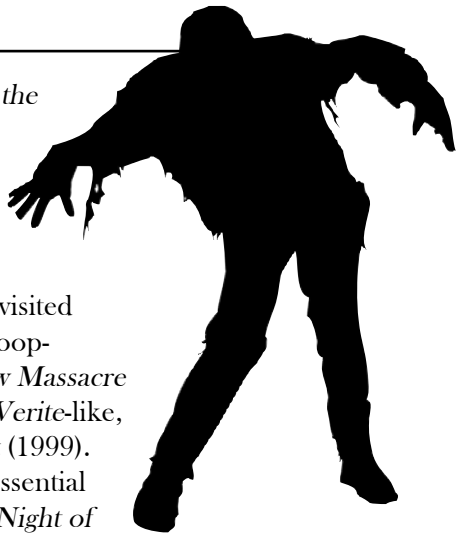
***Night of the Living Dead* was one of the most successful independent movies ever made. Made for $114,000, it grossed approximately $30 million.**

gorefest. In 1999, the film was deemed "culturally, historically, or aesthetically significant" by the Library of Congress and selected for preservation in the National Film Registry. Of cultural significance was casting Duane Jones, an African-American, in the leading role as a chief zombie killer.

Romero later produced *There's Always Vanilla* (1971) and *Season of the Witch* (originally titled *Jack's Wife* — 1972). *The Crazies* (1973) dealt with a bio spill that induced an epidemic of homicidal madness, while *Martin* (1978) was a critically acclaimed arthouse success dealing with the vampire myth.

Crowned, "The Godfather of Zombies," Romero made five more Dead movies, including *Dawn of the Dead* (1978) and *Day of the Dead* (1978).

Romero's groundbreaking films were similarly draped in controversy and negative reviews. Still, the bad publicity attracted a cult following, celebrating the outrage. While *Night of the Living Dead* mimicked the documentary style of *Invasion of the Body Snatchers* (1956), its visual horror and suspense were later visited in films such as Tobe Hooper's *The Texas Chainsaw Massacre* (1974) and the *Cinema Verite*-like, *The Blair Witch Project* (1999). *Rotten Tomatoes'* "30 Essential Zombie Movies," listed *Night of the Living Dead* at the number 1 spot, observing:



> *It's commonly accepted the subgenre as we know it today didn't rise until 1968, when George A. Romero unleashed "Night of the Living Dead," an independent film with a budget barely above six figures. Night enthralled audiences with its mysterious plot, shocking gore, progressive casting and social commentary, and natch, the unforgettable hordes of the gaunt, hungry undead.*

George Romero and Herschell Gordon Lewis are representative of the contributions Keystone filmmakers have made, especially in the arena of gore. The Evans City Cemetery basked in notoriety after *Night of the Living Dead* was released. Romero returned to the scene of the crime in 1973, shooting *The Crazies* near the same Butler County location. *Night of the Living Dead* spawned a franchise that included five official sequels, released between 1978 and 2009, all directed by the ever-prolific Romero.

Cole Paquet, writing for *The Concordian*, noted that the script was developed by Romero and collaborator, John Russo, in only three days, but during one of America's most perilous times:

> *That same year, a series of 159 race riots exploded across the United States in what became known as the "Long, hot summer of 1967." Concurrently, the Vietnam War continued to rage on, being regularly broadcast to homes across America in vivid, graphic detail. As author Geoff King details in his book "New Hollywood Cinema: An Introduction," the image of America as a place of freedom and democracy had been irreparably damaged and led to widespread anti-authoritarian and countercultural sentiments across the western world.*

Those anti-government sentiments can still be heard today, a troubling homage to Romero's futuristic vision. His zombie opus, influenced by a tumultuous era and a society at war with itself, remains as relevant as ever. And that should make all of us afraid of the horror that lies ahead.◆

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Historic Haunts Investigations

Dr. Jamie Pearce Investigates History and Ghosts

By Cheryl Knight

After coming into contact with an apparition at the age of five, Jamie Pearce began a lifelong search to find answers to strange and unusual paranormal activity. Today, she is a paranormal investigator with about 25 years of experience.

Jamie earned a Ph.D. in parapsychology and took "Beginning Psychology" at Yale University to gain more knowledge about psychology and behavior. She also studied business, history, and writing at the University of Virginia.

A lover of history, Jamie has authored five books in her *Historic Haunts* series, conducts lectures on the paranormal, and hosts the *Speaking of the Paranormal* podcast. In 2003, she founded her team, Historic Haunts Investigations (based in Jacksonville, Florida). Since then, the team has investigated reportedly haunted locations in 28 states and captured significant evidence of the paranormal.

Jamie is an ordained minister, certified Reiki Master, and genealogist. Her research expertise comes in handy during her paranormal investigations.

Jamie recently spoke with *Paranormal Underground* magazine about her paranormal experiences, evidence captured, investigative method, and more ...

Jamie Pearce, founder of Historic Haunts Investigations, is also the author of the *Historic Haunts* book series, which features haunted historic locations in the Southern U.S.

* * * * *

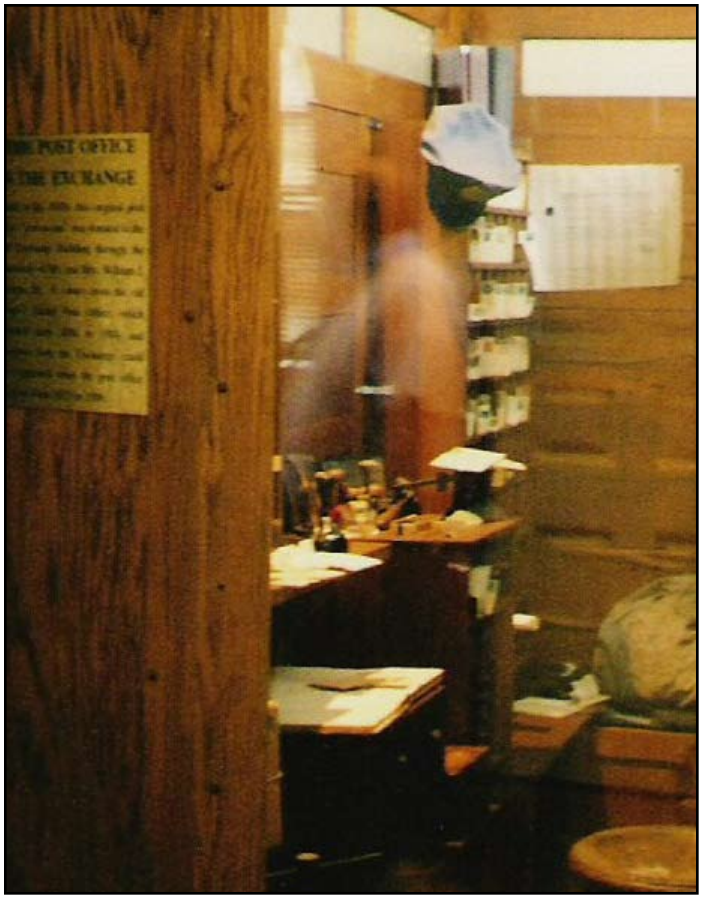
Q: Please tell us a little about yourself, both personally and professionally.

Jamie: I have been obsessed with history and the paranormal since I was a small child. My enthusiasm and dedication impressed a paranormal investigation group enough that they allowed me to join and learn from them at the ripe age of 16. They were instrumental in the pursuit of my passion and learning the processes. Years later, I started my own paranormal investigation group because there were certain places I had an interest in investigating and techniques I wanted to use.

I search for new techniques and opportunities to learn where and when I can. I've pursued traditional, non-traditional, and academic means of education and learning more about my field. I've been fortunate enough to take history classes at the University of Virginia and psychology at Yale. In fact, Yale selected me to take part in psychic studies they currently have underway.

I've also been lucky enough to study under Dr. Douglas Kelly and noted parapsychologist Loyd Auerbach, and I'm happy to call many noteworthy investigators and researchers in the field my peers, colleagues, mentors, and friends. I've learned from all of them and continue to do so.

Jamie took this photo of what looks like a full-body apparition standing in the upstairs window at the St. Augustine City Gates.



Jamie captured this photo of a full-body apparition at the Old Exchange and Provost Dungeon in Charleston, South Carolina. It's believed to be the spirit of the old post master.

There's so much we don't know about the field, and I'm always eager to compare notes and learn. You have to keep an open mind and keep reading, learning, and investigating. I'm a voracious reader, especially books on history and on the paranormal.

Besides my love for history and the paranormal, I'm also a big supporter of ocean conservation. I love to scuba, surf, and paddle board. I'm also a big Disney and theme park fan and a huge fan of Edgar Allan Poe and Vincent Price movies. I live in Jacksonville, Florida, with my husband, daughter, and our two black cats, Salem and Binx.

Q: Talk about your paranormal group and its mission.

Jamie: I've worked with as many as 10 team members. Plus, I've run investigations on my own. For the past few years, with all the craziness in the world, the majority of my investigations have been executed by myself, my husband, and my family. I do have certain team members I can bring in for different locations for in-state and out-of-state investigations. It depends upon the case and to what extent we are allowed to investigate.

We always strive for knowledge, hoping to learn more about the paranormal and to help others with their paranormal problems. We utilize a variety of techniques old and new, and if needed, we try to help the occupants to learn about, live with, or help the possible spirits move on.

Q: How did you become interested in the paranormal and founding a paranormal investigative team?

Jamie: Well I've already mentioned the fact that others were instrumental in getting me started in my teen years. However, when I was a small child, about five years old, I had an unusual experience. My parents were flipping houses, and we were living in a particular place we were flipping.

The apparition of an elderly woman appeared next to me one night and tucked me in. That ignited my drive to learn more. My mother, who could have written off the experience as a dream or an "imaginary friend"— as so many parents do — instead encouraged me to learn more and to investigate for myself.

Q: Tell us about your personal paranormal experiences.

Jamie: I've had quite a few. My best experiences were probably at the Myrtles Plantation, but everyone always asks about the worst. I've certainly encountered a few nasty spirits over the decades, but my worst encounter was at the May-Stringer House Museum in Brooksville, Florida. It's an interesting place with amazing people.

"Mr. Nasty," as the employees and volunteers have dubbed him, was a male spirit believed to haunt the attic of the museum. He was a vaudeville performer, and a personal item of his is in the museum attic. There have been numerous incidents there that would suggest he does not like women, especially women with a mind of their own!

I never saw a thing, but during an investigation in the attic, I felt a dark mass come toward me. And the next thing I knew I felt forcibly pushed backwards. My arm suddenly felt hot, and I had long scratches on my forearm with blood coming up to the skin. My husband was beside me, and there were no obvious explanations for the situation.

Interestingly, almost a decade later, in my efforts to educate myself, I was talking over the phone to a practicing distant psychic healer who knew nothing about what happened. He independently brought up and explained the entire thing to me. He described the man and said we were connected in a past life. Mr. Nasty apparently recognized me on some level and that is why he attacked me. Normally, I might have thought that sounded a bit odd, but this psychic had already provided

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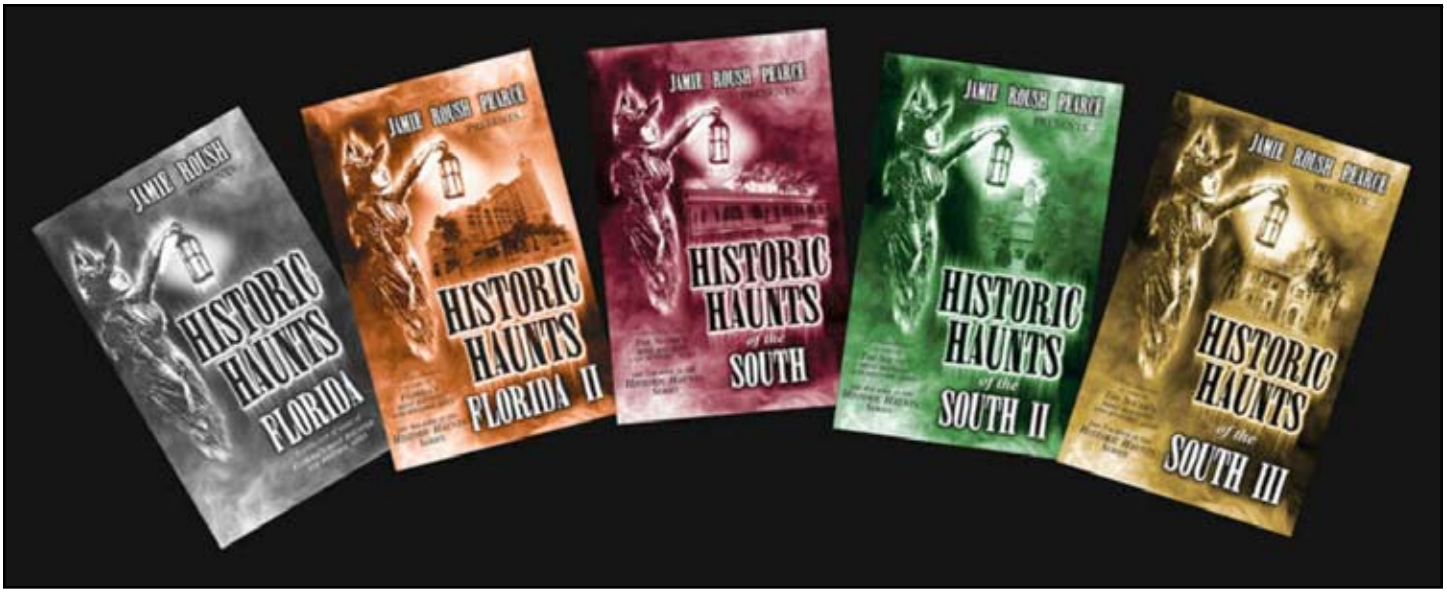
Jamie has been investigating the paranormal for almost 25 years.



In addition to Jamie's *Historic Haunts of the South* books, she also plans to release two new books on *Historic Haunts of the North* and *Historic Haunts of the Midwest*.

spot-on details about so many other things that no one else knew and I had yet to write about. I was definitely willing to give him the benefit of the doubt.

In addition, days prior he had already successfully demonstrated over a distance that he could affect my physical state in a way that exceeded mere suggestion or psychosomatic solution. As I've said before, at times it seems anything is possible in the paranormal world.

Q: What interests you most about the paranormal?

Jamie: It's the mystery of it, whether it's ghosts or UFOs (which I've also encountered). No one knows everything about the paranormal. We learn new things every day.

I'm interested in hearing other people's experiences, evidence, thoughts, and opinions. Why would so many come forward over the years on so many paranormal topics with little or nothing but ridicule to gain (in most cases)? Being made aware of these reports and encounters and investigating for myself helps me to learn and helps me form my own opinions.

Q: What different types of locations has your team investigated?

Jamie: We have investigated pretty much every type of place that can be haunted, including private residences, historic sites, old jails, colleges, hotels, schools, battlefields, courthouses, museums, antique stores, and other locations.

Q: What equipment do you usually take with you on an investigation?

Jamie: We have all kinds of equipment, from the popular EMF meters to traditional and digital cameras, digital recorders, carbon monoxide detectors and even weather monitors (to check temperature, precipitation, barometric pressure, etc.). We've also brought more unusual equipment, including Geiger counters, to investigations when merited.

We also investigate at times with techniques and items some consider less technical or even call "old school." These have included dowsing rods, dusting powder, thermal papers and materials. In most instances, these are case specific or used when we feel there's an opportunity to get more evidence.

We literally have so many different things depending on the location, size, how many team members, and types of reported activity. We try to cover all our bases. Regardless, I always tell my team to focus on their senses. So many times people can get wrapped up in all the tools and gadgets that are now available that they forget to focus on what they feel/see/smell/hear, etc.

Q: What methodologies do you use during investigations?

Jamie: Like other teams, we try to establish baselines for readings and look thoroughly for obvious real-world explanations for encountered activity. Our team once discovered a raccoon nest in the attic above a room experiencing unusual knocks, sounds, and noises. Having helped flip houses sometimes gives me a bit more insight on household causes of activity.

We try to keep up to date on equipment and bring it into play in our investigations, but we also like to bring in some older techniques to capture evidence when we

Jamie captured a purple-colored spirit orb (at the bottom of the above photo) at the Mission Nombre de Dios in St. Augustine, Florida.

can. In addition, we don't believe in angering or aggravating spirits, but we always try to bring trigger objects with us as well — items that we hope will elicit activity and response.

Sometimes we get better activity with bells, tambourines, or children's toys, for example, than we do with the high-end tech. We believe the methods we use should be modified to suit the location and surroundings.

Q: How does being an empath and sensitive affect your paranormal investigations?

Jamie: I don't consider myself a "psychic," but over the years it seems I've exhibited certain behaviors for others to call me empathic or sensitive and for me to have at least acknowledged it. In many instances, this intuition or sensitivity has helped me connect with the spirits (if they want to that is).

People sometimes forget that ghosts or spirits are not necessarily spectral monsters with strange qualities, but once living people. You can't make someone talk to you if they don't want to. On the flip side, though, it can be difficult when you have several spirits wanting to communicate with you at the same time and you can't get them to take turns!

Sometimes this sensitive edge for connecting works against you. If there are a lot of strong feelings present, including about death or sadness, I may pick up on these emotions. There have been a few times when I just could not ground myself and was so overwhelmed that I broke down crying. In other instances, that connection has helped me to back away when it's best to do so.

Q: What is the most important part of a paranormal investigation?

Jamie: To be open and aware of where you are. Be in tune with what is around you, and pay attention to your senses. Trust your intuition, explore your senses, and do your research. Don't just Google something real quick and go with the first article you find. Obviously, you can't trust everything you find online.

I have published five books so far in my *Historic Haunts* series, and my sixth book is coming out soon. I research like crazy (tax records, land records, genealogy records, historic societies, etc.). You try to trust what someone might tell you, but you should always try to back it up. As many authors and researchers have discovered, even established locations confident in their

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Jamie (pictured center) with paranormal investigators Kris Williams (at left) and Amy Bruni (at right) at a TAPS event in St. Augustine, Florida, in 2012.

histories can be unaware of related links and circumstances past and present.

Q: What case will you remember the most and why?

Jamie: This one's easy, the Myrtles Plantation. The first time I saw that place was as a child on TV on *Unsolved Mysteries*. After that, I was obsessed with the place. Fast forward a few decades, and I was given a chance to meet the owner and was invited to investigate.

I ended up having the place to myself. It was probably my most memorable solo investigation. While my equipment didn't provide as much evidence as I'd hoped — I had a night full of extremely strange and unusual technical glitches — the resident spirit Chloe tucked me in three times!!! Talk about one happy investigator! All the details are featured in my second book, *Historic Haunts of the South*.

Q: What is the most compelling evidence of the paranormal that you or your team has captured?

Jamie: We have had several great EVPs over the years and have captured objects being moved, activated, or used, but I think the best captures were of two full-body apparitions. One is a photo I took at St. Augustine's City Gates that seemed to capture the spirit of young "Elizabeth" looking out the window. The other was the ghost of the old postmaster in Charleston at the Old Exchange and Provost Dungeon.

We've also captured quite a few orbs over the years. Typically, I treat this type of evidence with a lot of skepticism as they are more often than not dust particles, bugs, reflected light, or other easily explained phenomenon. However, I take a closer look when they seem to emit their own light.

I captured an orb in St. Augustine at the Old Mission that seemed to almost be sitting on a bench. The color is so beautiful. Coincidentally, people have reported seeing an apparition sitting on that bench. Some have suggested that barring nearby light sources or other influences, these colored orbs might resemble the auras of the subjects when alive. I tend to agree.

Q: Talk about common misconceptions about the paranormal field that you've encountered?

Jamie: So many people ask why spirits are mean or evil. They forget that these are reportedly people's ghosts we are encountering. I explain to these folks that if someone was happy-go-lucky in life, that is most likely how they will be in their afterlife. If they were nasty in life, that's most likely how they will be as a spirit.

Television and Hollywood movies have been both a blessing and a curse to the field. It's become less taboo to discuss paranormal activity, with more benefit of the doubt given to eyewitnesses. However, media has also exaggerated or manufactured stories and evidence in some cases. Treat each situation with a grain of salt and skepticism.

I've also met a lot of people who feel cemeteries or graveyards must be the most haunted locations. In my opinion, those souls who have been laid to rest are typically doing just that and hopefully in much better places. Activity I've encountered in these locations is typically from a traumatic event or situation nearby, very rarely from a spirit tied to a burial site.

Q: Whose work in the paranormal field do you respect the most and why?

Jamie: There's so many. Growing up I idolized John Zaffis and Loyd Auerbach and still look up to them both. I also looked up to the late psychic Annette Martin. I was fortunate enough to have interacted with all of them as an adult and investigator, and I have learned a great deal from all three of them.

I also learned a great deal from Dr. Harry Stafford, who is no longer with us. I treasure my time working with him. I also have tremendous respect for Dr. Barry Taff, Hans Holzer, and Chip Coffey, as well as Echo Bodine.

Q: What locations do you have on your wish list to investigate?

Jamie: Oh goodness, I have a few. There are many loca-

tions in Hawaii, because I love the Hawaiian culture and history. I'm also hoping someday to investigate Alcatraz, Chillingham Castle, Winchester Mystery House, and the Hotel del Coronado. My list keeps growing with time and each book and story I research.

Q: What words of wisdom would you offer beginner paranormal investigators?

Jamie: Listen and pay attention to the experts, the folks that have been in the field for a long time. Listen to their advice. Don't go in thinking, "I saw this on TV, and I can do it!" Just because you saw a TV show on the paranormal doesn't make you a paranormal investigator.

Also, during the investigations, listen to your senses, do your research, and pay close attention to everything. Don't go in thinking the location is haunted. Go in with the attitude of, "OK, so this is supposedly haunted. Let's find out what (if anything) is there and why." Also, ask questions. If you don't ask, you won't learn. I believe an open mind is an important tool.

Q: What else should our readers know about you and your team?

Jamie: We are truly passionate about the paranormal, we never provoke, and we never charge for our investigations. We love what we do!

I have written about many of the locations we have investigated in my *Historic Haunts* book series.

"It's become less taboo to discuss paranormal activity."

Q: Where can readers learn more about your investigations?

Jamie: My books can be purchased signed from my Website or unsigned on Amazon, Barnes and Noble, and more. If you are interested in booking me for lectures, book talks, or signings, or if you have any paranormal questions, you can email me and my team at HistoricHaunts@yahoo.com.

* * * * *

To find out more about Jamie Pearce and Historic Haunts Investigations, visit facebook.com/HistoricHaunts, facebook.com/AuthorJamiePearce, historic-haunts.net, speakingoftheparanormal.com, on Twitter at @HistoricHaunts, and on Instagram at @historichauntsinvestigations. ◆

Paranormal Encounters: TO TELL OR NOT TO TELL?

By Albert Torres, The Hot Sheets YouTube channel

There are many experiences and mysteries in the world that can't be explained. One of the most thrilling aspects of the paranormal world are personal experiences, whether they are witnessed solo or with others.

Imagine having a paranormal encounter that sounds unbelievable. Then imagine the uncertainty of whether you should share what happened with someone else. How can you explain what happened to someone who wasn't there? Will they believe you?

Is it Worth it to Share Your Paranormal Experience?

There are a lot of skeptics and naysayers out there who make it difficult for many people to share their paranormal encounters. In my opinion, however, you don't have to convince anyone! Your experience is your experience, and whether you decide to share it or not, it's an encounter that may help advance the paranormal field. Personal experiences are why paranormal research exists. Our experiences and curiosity about them drives this subject beyond any imagination.

While I encourage you to share your paranormal experiences, be prepared for some possible pushback. I have done a good amount of research and read many books about the paranormal, and I've come to understand that backlash and criticism are the "mean uncle" of this field. But don't let that stop you.

There are many registries online that track different paranormal accounts. For instance, there is a national registry for UFO sightings and another for cryptid sightings, such as Bigfoot and the Dogman.

But sharing your experience comes down to several factors. Did the experience pique your interest? Do you want to find out more? Or maybe you don't want to disclose what happened for fear of being ridiculed. If it's the latter, know that more people are sharing their experiences in an attempt to find answers to questions that currently have no explanations, such as life after death, extraterrestrial activity, and much more.

These mysterious subjects will keep the paranormal field going strong as a result of the mystery behind the unknown and the many paths it can take you down. Like Alice going down the rabbit hole, one path about ghosts can lead to a darker one about demons. A path about demons can lead you to the cults that worship them. The cults that worship them can lead you to the crimes they commit. And this all started out by just researching ghosts!

In any case, sharing your experience is not taken light-

ly by some. In some scenarios, people have a hard time coping with how scary an encounter was. But through a good search, you could find people who are open to hearing your story and can help ease the fear.

I once had an experience that affected my emotions negatively. I realized that it started to affect my family and surroundings. It was hard being that way, but emotional output can change life.

The people who intrigue me the most are the well-grounded folks who experience something paranormal and know what they clearly saw, but they won't share an experience and dismiss it as hogwash — the ones who have a rep or feel they'd lose something if they revealed their paranormal encounter.

A skeptic can be made a believer overnight based on one experience.

But, many times, a stone-hardened person can be made a believer overnight by an experience with a phantasm or lights in the sky, and those stories do exist. Some who share their experiences later retract out of either pressure from others or regretting subjecting themselves to ridicule. Heck, one of our presidents wrote in his journal about a very crazy Bigfoot encounter while camping, even to the point that he thought it was following him around the camp sites he chose.

My 'Connection' to the Paranormal

Talking about my own "paranormal connection," I have intuition that allows me to feel others' projected emotions through eye contact in any situation. I could be talking to a stranger and feel their emotions through eye contact. At times, I can even feel a lie.

Some would say I possibly have psychic abilities. Whatever the case, telling people about this can get some eye rolls or laughs. Nonetheless, it's my connection to the paranormal. And whether it's accepted by others or not, my own experiences allow me to be more comfortable and accepting with others who may have experienced or believe in something similar.

In the End, It's Up to You ...

In the end, it is solely up to the person who has a run-in with the paranormal to come out and say they did. I know that the anxiety of worrying about what other people will think is there.

But, at the same time, I run a paranormal YouTube channel called *The Hot Sheets*, where I study paranormal evidence and share with others. And my hope is that more people will continue sharing their stories! ◆

HAUNTED STAYS: GRAND GALVEZ HOTEL & SPA

By Rick Hale, Psychical Researcher

At the turn of the previous century, a devastating hurricane made landfall on Galveston Island off the coast of Texas. When the storm ended its cruel pounding of the island, the resort community was destroyed, and over 6,000 people were swept out to sea, never to be seen again.

Nevertheless, Texans, who are known for their tenacity, went about rebuilding their island. By 1911, the island was fully restored and the luxurious Grand Galvez Resort & Spa was built over the foundations of the previous resort. And if the stories of the Galvez are to be believed, the hotel may have inherited the restless souls of the hurricane's victims who perished there over a century ago.

Immediately after opening its doors, the Galvez came to be known as "The Playground of the South." Among its impressive clientele were former presidents, Roosevelt and Eisenhower. In fact, the hotel served as the temporary White House for Roosevelt.

Hollywood superstars visited the hotel, including Jimmy Stewart, Frank Sinatra, and Dean Martin. And while the hotel was a favorite of the rich and famous, it was the ghosts who took center stage ... and still do today.

The glamorous and luxurious Grand Galvez Resort & Spa, located off the coast of Texas, was host to past presidents and Hollywood elite. And it seems the hotel has also lured in ghostly spirits who don't want to leave. (Photos by hotelgalvez.com)

Haunted Activity & Room 500

If you're looking for the supernatural at this grand hotel, the fifth floor is the place to find it. A phantom the staff calls the "Lovelorn Lady" forever walks the halls of the fifth floor. The visibly distraught apparition has been seen covering her face with her hands and sobbing inconsolably.

The guests who have spotted the lovelorn lady have inquired who she was and what could have caused her heartbreak. The employees of the hotel believe they know the answer.

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CREEPY CRATE
BY THE LINEUP

The hotel is the home of the Lovelorn Lady, as well as other entities that roam the property. The sounds of screams and pleas for help are also heard in the halls of the hotel.

According to staff, many years ago a young woman arrived and checked into room 500. She was there to have a romantic rendezvous with the love of her life, a sailor who had been away at sea for months. Their plan was to marry and begin their lives together. Sadly, their plan would never happen, as tragedy would tear them apart for all time.

A day after checking in, the young woman received news that tore her heart in two. The ship her love was on sank somewhere off the coast of Florida. The majority of the crew was rescued from certain death in shark-infested waters. Unfortunately, her fiancé was not among the survivors. He went down with the ship, and his body was never recovered.

Upon receiving the news, she returned to her room and hung herself with the dress she intended to wear on her wedding day. Her soul is said to be forever trapped in the Galvez, forced to relive her loss of love and life.

Hazy apparitions have been witnessed wandering the halls and appearing in rooms.

More Paranormal Activity

As tragic as the story of the Lovelorn Lady may be, an even more mysterious and aggressive entity haunts the women's restroom in the lobby. Whoever this ghost is, it seems to take pleasure in terrorizing women as they use the facilities. The spirit loudly slams stall doors and stomps around loudly in a fit of anger. Many patrons have fled the bathroom in terror ... and tears.

These ghosts aren't the only two believed to haunt the Galvez. Hazy apparitions have been witnessed wandering the halls and appearing in rooms. While others have heard the unmistakable sound of screaming and pleas for help echoing throughout the hotel. It's believed these spirits are the souls of the people swept away by the hurricane many, many years ago.

The Grand Galvez Resort & Spa is an elegant hotel well known for its luxury and top-notch service. It also appears to be a magnet for some of the hurricane victims, who will never know anything but a watery grave. ◆

CHERYL KNIGHT-WILSON

Intention Is Everything

KAREN FRAZIER

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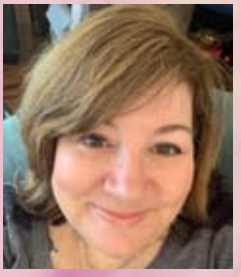
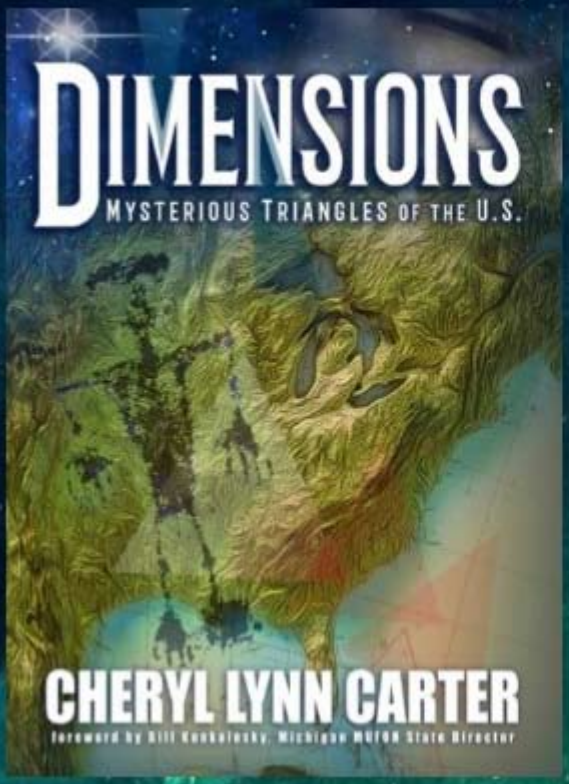


With Co-Hosts
Karen Frazier &
Cheryl Knight-Wilson



There are mysterious doorways, parallel dimensions, and alternate realms in the universe that might compel us to question everything we thought we knew.

Available on Amazon and Amazon Prime

THE ZONE OF SILENCE

UFOs in the Chihuahuan Desert

By Cheryl Lynn Carter, cheryllynncarter.com

Located on an ancient seabed in the southern part of the Chihuahuan Desert, separated by low mountain ranges, is Bolsón de Mapimí — an enclosed depression in northern Mexico. There is reportedly a strange magnetic condition about the land that causes vortices to form that stretch up into the upper atmosphere.

The land contains huge amounts of magnetite and uranium deposits. Some of the rocks feature an unusual content of rare metals, including ruthenium and rhodium, and a relatively stable isotope, technetium-97, that is radioactive. The area is abundant with physical oddities, including abnormally large growth patterns in the vegetation and wildlife.

In 1930, Francisco Sarabia Tinoco was performing test flights. As he flew his plane, the Conquistador del Cielo over the area, his instruments became unresponsive, his compass was unable to point north, and he lost all communication with the base. He described feeling as if he were in a vacuum.

In 1964, Harry Augusto de la Pena, an engineer, surveyed a 13-mile stretch of the desert land, preparing for an oil pipeline that would extend to Jimenez, Chihuahua. During his expedition, his team became frustrated when they continuously failed to maintain proper radio signal that was imperative in order to communicate between team members. They could find no explanation for why this was occurring. De la Pena described the area as "The Zone of Silence."

After the surveying was completed, Harry had developed a great interest in the anomalies that had taken place. He decided to return to investigate more. Despite returning numerous times in an attempt to repeat the phenomena, he discovered the silent zones were not fixed but, in fact, appeared to move around.

The Zone of Silence is located in the desert near Durango, Mexico. Witnesses report that the area can't receive radio signals or other similar types of communications.

The Green River Launch Complex

The Green River Launch Complex, a sub-installation of White Sands Missile Range near Green River, Utah, had been conducting a series of tests designed to investigate the impact on missiles as a result of reentry into the atmosphere. On July 11, 1970, they launched a Lockheed Martin Athena V-123-D test missile. Its intended target was the White Sands Missile Range in New Mexico.

However, because of an abnormal re-entry into the atmosphere, it impacted 200 miles south of the Mexican border in the Mapimí desert. It was determined the crash was the result of complete loss of all communication relays onboard the craft. The rocket was carrying two small vials of cobalt-57, an isotope used to enhance radioactive fallout with the intention of contaminating large areas of land.

Since the crash, Mexican authorities established a research facility in the Zone of Silence called the Mapimí Biosphere Reserve. The facility's function is the study of mutations among the flora and animal population. Tortoise shells are found in the shape of triangles, and

Strange UFOs and lights have been spotted in the Zone of Silence, including mysterious halos and unidentifiable crafts.

coyotes grow to twice their normal size. Cacti can be seen morphing into strange colors, including purple.

Unexplained Phenomena in the Skies

Ranchers in the area began witnessing unexplained phenomena in the night skies. Mysterious halos and strange lights that changed color were a common occurrence. Bright streaks of fire landed in the desert that left burn marks on the ground.

In September 1976, a massive, rectangular-shaped craft about 900 feet in length with pulsating lights hovered overhead in the night sky. In addition, there have been testimonies about strange visitors; a woman and two men with blond hair who were wearing strange clothing not at all suitable for a desert environment. They would ask for water from a well to fill their canteens. When a rancher asked them where they were from, they replied, "From above." Then they would vanish without leaving any footprints behind.

As Héctor Álvarez, a park ranger at the Mapimí Biosphere Reserve, worked each night, he would enter observations into his a diary. It was not a diary detailing the beautiful landscape. Rather, it contained handwritten accounts of strange encounters and unexplained occurrences — occurrences that took place in the night sky. Among these were glowing orbs and colorful flying triangles. They measured approximately six feet across and had borders of prismatic color. And the inside contained translucent bands of shifting colors.

At times, one triangle would appear while at other times they would be a group of three. Álvarez said the triangles were equilateral and tilted at a 105° angle. On several nights, he attempted to photograph the strange triangles, but his camera would malfunction.

Álvarez journaled about something strange that happened to all the computers at the station one night. The speakers began blaring a strange white noise, even those that had no power turned on, after which the computers malfunctioned. When the technician came the following morning, he found that all the motherboards had been subjected to high amounts of heat or radiation. He also mentioned how patches of paint on the walls would change color and sometimes in triangular patterns.

The last entry was March 15, 2003. The diary was found on the desk one morning, but Álvarez was never seen again. Officials only said that Álvarez had left his post that night and did not return for his next shift. However, his car was still at the station the next morning. A large triangular discoloration was discovered on the wall in the morning that was emitting trace amounts of radiation.

Upon analyzing, the wall was found to contain technetium isotopes that appeared the night Álvarez disappeared. ◆

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Calling all EVP enthusiasts!

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LOST VOICES EVP RESEARCH is a site dedicated to the sharing of my findings, thoughts and theories.

I would love to hear from any like-minded enthusiasts out there so that we can discuss our projects.

Feel free to contact me on annomalie@yahoo.com or via www.lostvoicesevpresearch.com.

THE PARANORMAL ALLIANCE

By Rainbow Radaelli

There are many thoughts, fears, and theories regarding the unknown and unfathomable night creatures that stalk the imaginations of both children and adults.

Scary stories are seemingly endless throughout history, and it is for this very reason that legendary and narrative tales stay alive and keep us on our toes, paranoid and scared of our own shadows. The faint of heart become distrustful of the nighttime's serenading intrusion into their restive repose, because what is heard softly humming slowly morphs into a faint and distant scream. What could it be?

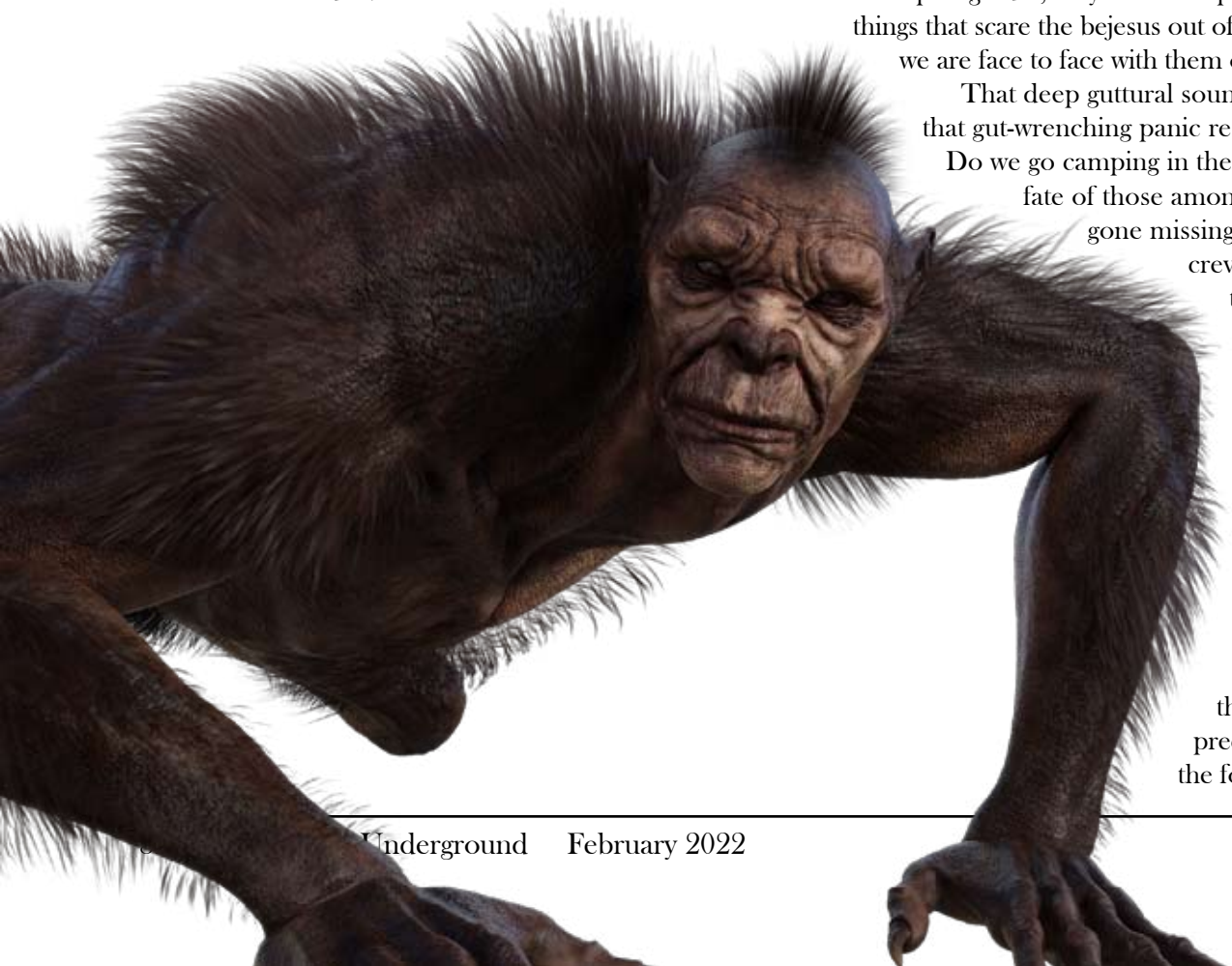
The owl has become synonymous with the darkness and is believed to have the insight that foretells of imminent death or danger, but that's not all. It is considered a wise totem and just so happens to be mine.

Unfortunately, people place irrational fears on this precognitive winged effigy. People such as myself feel the owl represents the mystical and intuitive aspect of our lives. They represent the wise ones, those who see beyond the veil, also known as the seers of all.

As humans, we tend to have a cognitive dissonance when it comes to animal totems, because while they are seen as spirit guides, they can also epitomize the very things that scare the bejesus out of us, especially when we are face to face with them out in the wild.

That deep guttural sound that brings out that gut-wrenching panic resonates in all of us. Do we go camping in the forest knowing the fate of those amongst us who have gone missing? In the darkest crevices of our imaginations, unknown and scary creatures exist. They lurk and prowl around, waiting with the patience of a surreal predator for the perfect moment when prey relaxes and its guard is down.

Sometimes there is a truce to the precarious hazards of the forest and its dark



shadows with those sounds that make the hair on the back of our necks stand up. Does Mother Nature give us a heads up when something is coming our way? How separated are we from her communiqué that danger is imminent.

We separate ourselves from the outside world with doors, walls, and windows that give us a false sense of security. Yet I ask you, could a door or window truly keep out Sasquatch or Dogman if they really wanted to get in?

* * * * *

The preoccupation that humans have with cryptids is ongoing; the macabre always seems to offer up nail-biting surprises that humans can't resist. As evidence, there have been around 114 werewolf movies, 70 Sasquatch movies, and 12 Mothman movies made. We could include other similar films, but ultimately what is obvious is the tantalizing and creepy appeal that these creatures have in the back of our minds — and the desire that they do or must exist.

Native Americans understand how important it is to live off of the land while coexisting with Mother Nature and her realm of creatures. There is a mindset that has pervaded their generations to this day, resulting in an understanding that hasn't faltered since its beginning avowal. This sacred connection was never severed, and that in itself is a major difference between Native American's and city dwellers. Walking a path in the forest and understanding that it is the community marker for all creatures who live in the vicinity is vital. They understand this.

Beyond the forest, there lies an ushered silence of the night's approaching darkness. It first arrives in the mind of people's obsessive pursuit into the unknown, those whose imaginations plummet into its tenebrosity. What lies beyond the shadows can be anything. Are butterflies, squirrels, or raccoons aware of such ominous creatures?

How does Mother Nature feel about such creatures being a part of her identity? Perhaps all creatures are welcome under her shroud of tolerance, but perhaps with a vacillating acceptance. Ultimately, we can't ignore her warnings telling us where such creatures lurk and reside.

* * * * *

There is something to be said for being aware of one's surroundings. I wouldn't camp in a place where the darkness didn't allow light in; especially if the trees spoke in an ominous wave with branches creaking and moaning "Beware." If the birds were silent and if the air smelt of fear, mingled with a deafening dread that warns of an impending doom, I would leave. Perhaps camping in the dining room of something's preferred route of prowling isn't a good thing. There are no grocery stores in the forest, only the law of the jungle.

The paranormal alliance with forest creatures and cryptids is an invisible line drawn in the ground for those people who go camping or hiking. But for those few who don't even know it exists or contemplate looking for its significance or edict, the blurry realm of consequence awaits.

Humanity is not responsible for such creatures' inclinations, but we are responsible to ourselves and our connection to Mother Nature. Wide open spaces don't necessarily mean they are conducive as a playground any more than our living rooms are made for football.

If we can tread lightly on the paths that signify the migratory impulses of a multitude of animals, listening for their unique calling and inflections, then I think we can coexist with a mutual respect that borderlines caution. Mother Nature's somewhat apathetic nature reminds us all of our place in the existence of every animal or creature living amongst her. Sometimes what she keeps hidden is best left alone, but alas it's in our human nature to seek out the hidden underbelly of the macabre.

Truth shines more brightly in the darkest of places, because in the end what guards it transcends any limitations that compromises our ability as humans to testify to those legendary tales that just might be based on fact. It is best to live to tell the tale then to be the unfortunate story told.◆

The Large Country House

The Spirit Rescue of David George Bennet

By T Stokes, tstokes.co.uk

While admitting to being in the autumn of my life, and not in the best of health, I am still asked about my 40 years of work as a freelance exorcist.

My book, *An Exorcist's Chronicles*, which tells of my many years in spirit deliverance, was rejected by the publisher. They felt the market was saturated with spirit books at that time, so over the years I have put several of the stories up on the Net. One of the most amazing of spirit rescues was that of young David George Bennet.

Perhaps I should start at the beginning.

* * * * *

My son was moving and asked me to take care of some of his potted plants. After he brought the plants over, I removed a newspaper from the base of one of the flower pots. I was surprised to see the Obituaries page, which reported the death of a woman, aged 76, I had met in very strange circumstances years ago ...

I was asked initially to go and see a large country house that was on the verge of being sold. But the couple who wanted to buy it felt it was somewhat creepy and threatened to back out of the purchase.

I duly arrived at the door and was invited to look it over by a statuesque woman who was the epitome of elegance. Her husband was big in law enforcement in the city, a gruff impatient man who was very matter of fact. He was a workaholic who had married late in life and wanted a trophy bride for his big Georgian house. They certainly were an odd couple, but luckily it seemed to work for them.

I walked around the large house with the man's wife, and nothing in particular stood out that could cause concern. But she was insistent that the house be cleansed. So I took off my shoes to feel the floor, removed my jumper to ascertain room temperature variations, washed my hands, took a deep breath, tuned into the voices of the house, and walked around once again.

This time, we stopped outside a small room on one of the upstairs landings. I remarked that we had not yet been in this particular room, and the woman replied that the room was only a storage room for odds and ends. But she agreed to open it up to see inside.

This was definitely the room where the focus was for some Spirit presence. She asked the two servants to clear the room, leaving one chair, where I asked the lady to sit quietly. I then began the psychic exploration of the room.

Many people do not realize that wood is an absorbent living breathing thing and the floorboards were the old 12-inch, very wide elm planks from the Georgian era. And although they bore the scars of some modern stiletto heels, they had soaked up the emotions from everyone in the room to the present day.

It was just in front of the fireplace that the strangest thing happened. The misty body of a young boy took shape. But in a grand house like this, why should this boy look like a half-starved, filthy boy in rags. The lady of the house saw him too, and she told me that several people had heard a child's crying coming from the locked room over the years.

This boy's spirit had become trapped in time, and

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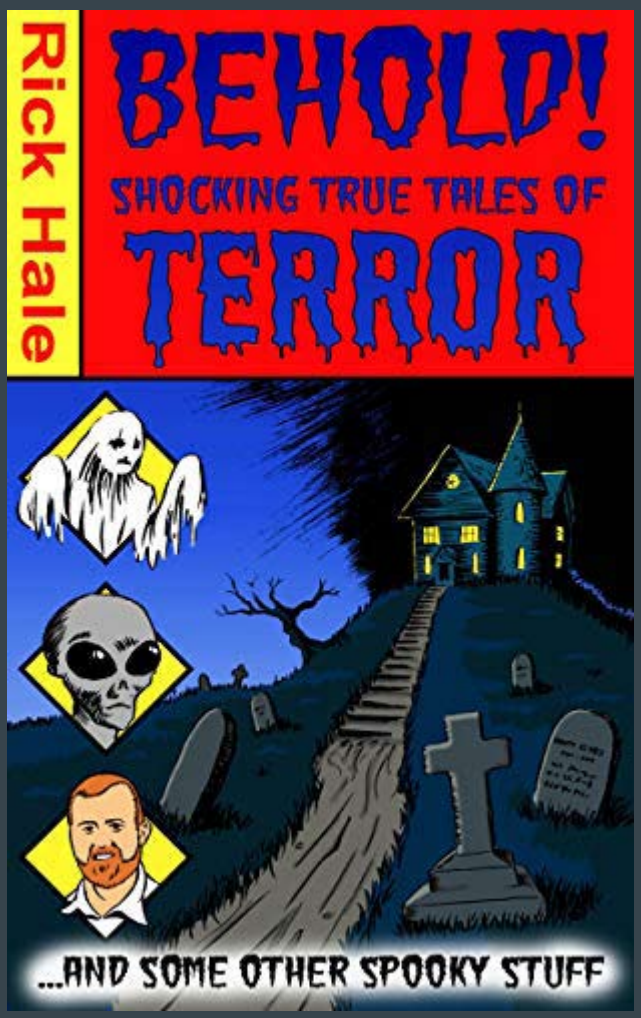

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when asked who he was, he spilled out one of the strangest and most tragic tales I had ever heard.

He said, "I am David George Bennet sir. And I was born in poverty in London's East End. My parents lived in a small cellar. It was the most miserable existence. There was never any money, warmth, or food. And when the money lender came for his payment, my parents clung together in sadness, as the money lender took me, the eldest son, as payment for the loan.

"My parents were told I was to be put in service, sir, but I was sold to a chimney sweep and would have to get inside and clean up inside the chimneys as a climbing boy. I would have a small bristle brush tied to my wrist, wrap a wet cloth around my face, and at times my master would light a fire under me to push me up even higher. And in this very chimney, sir, the smoke and the soot finally choked me. They pulled me out dead, sir."

I realized that a shape on the floor was where the body lay. The boy thought he was aged 10, but he looked a lot younger to me. His frail astral body showed the marks of severe burn marks and bruises. The lady of the house said the people who had the house before her found a young skeleton while planting in the orchard, and the boy confirmed it was him.

He was upset because he wanted to be clean for the first time in his life, but no one washed him before his burial. They just wrapped him in an old rug in a corner of the orchard where the gardener did not like to go.

* * * * *

One of the cardinal rules in cases of spirit rescue such as this is to ensure that no spirit attaches to you or follows you back home. To do so, the spirit is encouraged to enter the light and not remain in the earthly conditions.

Yet, that night, my wife and I were woken up by a smiling, young boy who came to see us. He had been joyously reunited with his parents. My wife said she even saw his bright blue eyes.

A fortnight after a spirit rescue, I always would do a follow-up to make sure all was well. At the big Gregorian house, the woman of the house said a light, easy feel was felt by visitors and the new owners would be taking over soon. However, the master of the house tore into me, saying that when a person was dead, they were dead, gone, finished, the end. He told me that no one has ever come back to say they are dead because that's the end of everything. He told me people like me were just nut cases making it up as we went along.

How wrong he was. ◆

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I can't wait to connect!

The Haunted Gridley House Case

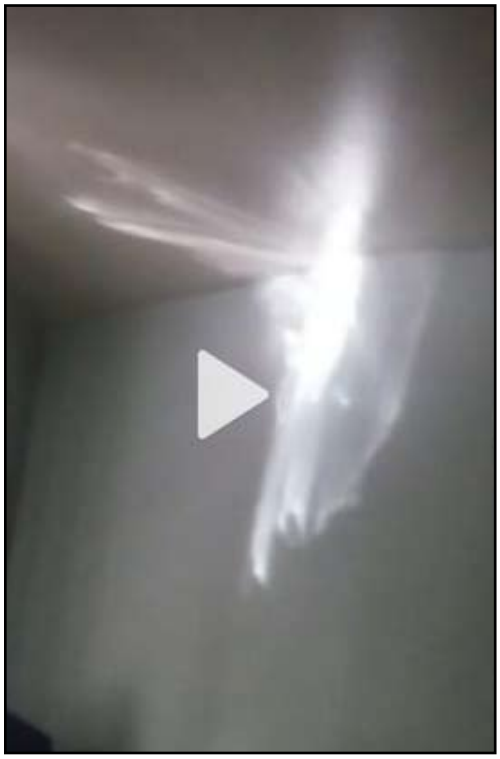
By Paul Dale Roberts, Halo Paranormal Investigations

On December 26, 2021, our team was called out to an emergency paranormal investigation in Gridley, California. The homeowner, Amy Brimm Miller, reported extreme demonic activity.

The background of the case was extreme. Amy's son and brother passed away in a deadly car crash. Amy's son had a premonition that he would not live to see his 20th birthday, and he died before his birthday.

Now, Amy feels spiritually attacked in her home. In fact, an entity, possibly a demon, was telling Amy to kill herself. Other dangerous encounters in Amy's home included physical encounters, including an entity placing pressure on her foot, which almost resulted in a fall. Sometimes Amy feels sexually assaulted by an entity or feels weird vibrations throughout her body.

Shadow people have also been seen in the home, and Amy has taken photos and video footage of the shadow people.



This is just one of many paranormal photos taken at a house in Gridley, CA. The homeowner believes this photo captured either a fairy or protective angel.

The Investigation

Deanna Jaxine Stinson and I made a full sweep of the house to determine if we could get any anomalies in our photographs and videos. We also attempted to get some EVPs.

Deanna picked up on some of the entities in the home, as well as Amy's ex-husband's deceased mother. Deanna was able to describe her.

When we did an EVP sweep, we did manage to get one EVP in one of the bedrooms of a male voice saying, "Go home." The voice actually sounded polite.

Deanna detected a portal in one of the bedrooms. Perhaps Amy's brother and son came through the portal and were followed by negative entities. The land around the home has some significant history, and there is a cemetery right down the street.

The Maidu Indians settled on the land in Butte County, and there were Spanish and Mexican expeditions in this area. Many settlers had skirmishes with the Maidu Indians and many Maidu Indians lost their lives in these skirmishes. The Oregon and California railroad was built near this area, as well, and many Chinese laborers on the railroad died from exhaustion.

The Cleansing

Deanna left a care package of sage and healing candles for Amy. And I gave Amy a full submersion baptism in her hot tub. A full submersion baptism is a basic form of exorcism, and if you have an attachment, it will immediately leave following this process ... well, in most cases ... keep reading.

I also conducted a Roman Catholic house blessing to chase out the negative entities. Amy wanted the good spirits, including her son and brother, to stay. I have had about an 80% success rate in my cleansings and baptisms. In this case, I was not successful.

In these cases, I go with Plan B — bringing in a shaman to assist the homeowner.◆

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How to Remember Your Dreams

By Karen Frazier, AuthorKarenFrazier.com

Many people who take my dream interpretation class mention they have trouble remembering their dreams or they don't feel their dreams are meaningful.

The truth is that everyone dreams, and everyone has symbolic dreams, which occur during REM sleep. However, not everyone is able to remember their dreams because they can be so ephemeral. If you don't record your dream as soon as you wake up by writing it down quickly or speaking it into a voice recorder, there's a good chance you'll forget it or details of the dream will slip away quickly.

It's unfortunate, because dreams are an excellent source of wisdom from a higher source. They can provide guidance or alert us to issues in our subconscious that we need to bring into consciousness so we can deal with them and heal. Dreams are an important tool for people on a spiritual path seeking guidance and growth.

Amplifying Meaningful Dreams & Dream Recall

There are some things you can do to support meaningful dreams and dream recall. The first is to state your intention nightly before you go to sleep. Every night as I drift off, I say, "Tell me what I need to know." For me, that's enough, because I have always dreamed vividly and had good dream recall.

Others may need a more clearly stated intention, such as, "Tonight I will receive guidance in my dreams, and when I wake, I will remember them," or something similar.

Keep a dream journal or a voice recorder next to the bed, and as soon as you wake from a dream that seems significant, write it down. If you wake in the middle of the night, even a few descriptive words of things from the dream can be enough to spark recall. Then, in the morning, write everything you can remember from your dream in your journal and see if you can translate what the dream is telling you.

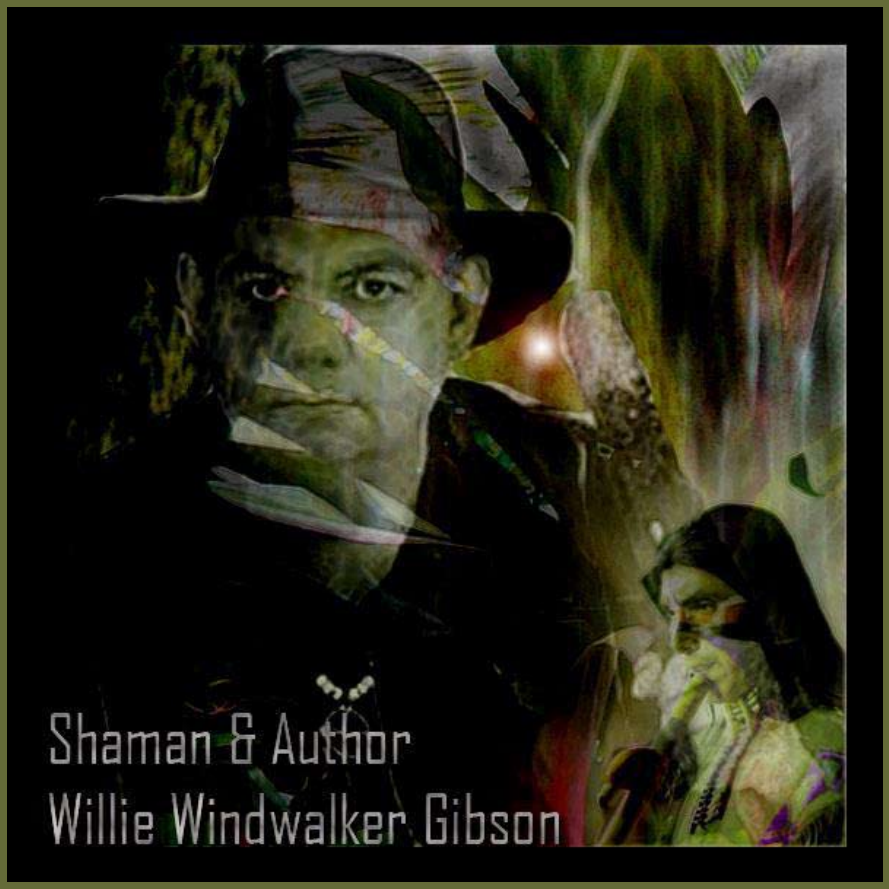
Another great way to remember dreams is to place amethyst next to your bed, under your pillow, or between your mattress and box spring. Amethyst can trigger meaningful dreams and help you remember them. Cleanse your amethyst once or twice a week using smoke or another method.

Finally, try the essential oil blend below. If possible, put it in a roller bottle with chips of amethyst and an amethyst roller ball. Apply to your third eye before you go to bed, massaging it into your forehead in a counterclockwise direction (clockwise dispels, counterclockwise draws or nourishes) as you repeat your affirmation for dreaming and dream recall.

Dream Serum

- 1 ounce sweet almond oil
- 5 drops lavender essential oil
- 3 drops clary sage essential oil
- 4 drops sandalwood essential oil

Shake well before each use, and store in a drawer out of direct sunlight. ◆



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5 Ways to Invoke More Love in Your Life

By Dr. Athena Perrakis, Sage Goddess

Wherever you are on your spiritual journey, it's essential that your path is met with self-love. For positive, healing changes to take place, I encourage you to start from a space that is abundant in self-worth. Not only will this mindset attract outside forces acting in love, but you'll feel more confident in deciphering what type of love is right for you.

Now, there are several different types of love, and while they're separate in their own expression, they all relate back to your divine source of wisdom and spirituality. In this article, I'll touch on some of the common types of love and share five ways to invoke more love in your life.

When it comes to love, you may automatically think of romantic love, or eros. We place such high hopes on meeting our soulmate, but to pinpoint this energy, we must first direct our love inward. By understanding the love we desire, we can better attract this energy in others.

Love can also be exchanged with friends, known as philia. While this bond is vastly different than one that attracts a romantic interest, a true friend bond can stand the tests of strength and duration in ways unique only to a platonic companion.

Finally, and perhaps most importantly, is agape, which can be described as an unconditional, divine love for humanity. The ancient Greeks described agape as selfless, unconditional, and spiritual love — it's the kind of love that Source offers to us. This love essentially includes the flow of energy as oneness, such as the love felt when committing a selfless act, such as volunteering your time.

The heart chakra is the center of your energy and resonates throughout your entire body — much like your

5 Ways to Invoke More Love in Your Life

1. Love yourself first
2. Reflect with care
3. Be present
4. Look forward
5. Move with love

physical heart. Love for yourself and others arises from this chakra, along with compassion and affection. When your heart chakra is balanced, love flows easily along with a sense of hope.

There are several ways you can activate your heart chakra, including aromatherapy, crystal healing, and exercise. Keep reading for more ways to open your heart chakra. And no matter what kind of love you're seeking to enhance your life, there are many ways to attract and receive it. Here are five ways to get you started, but don't stop there!

1. Love Yourself First

The fact that you're already underway on your spiritual journey is an excellent step in self-care. Meet your self-healing work with kindness above all else. This is the first step before eliminating negative energies and harnessing that which serves your own purpose.

When you love yourself, you fill yourself up with love so you can share it with others.

We take care of the things we love, and when you love yourself, you fill yourself up with love so you can share it with others. Your abundance of love carries over into everything you do. A willingness to learn and grow for yourself will undoubtedly navigate a path to higher understanding, and your body will certainly thank you.

2. Reflect With Care

When reflecting on past relationships and energies you've experienced, it's important to meet those memories with compassion. Accepting and releasing the past helps you open your heart to love now. Love can guide you to try new experiences, and even if you don't stand by those decisions in the present moment, it's healing to forgive and cut emotional cords that keep you stuck in old energy and patterns.

For this process, I recommend working with pink tourmaline, a heart chakra crystal that heals the heart like no other and deepens your sense of trust in the Universe. It promotes wellness, receptivity, grace, and unconditional love. Pink tourmaline will help you meet the depths of your heart with care as you reflect and move forward.

3. Be Present

Bring your best energy to each day — a vibration of love in abundance. Show up wholeheartedly, be alert, and hold space for yourself and others. Being present makes you available to feel and receive more love.

For optimal presence and focus, make friends with ruby zoisite — the stone of life force. This gem is about love and growth and the balance of both. Ruby and zoisite grow naturally together, and they're the perfect combination of fire and earth energies. Ruby zoisite also transmutes negative energy into positive energy.

4. Look Forward

Whatever experiences your heart has endured, there's an abundance of love endlessly surrounding

→

you. Much like a spiritual practice, love calls us to stretch ourselves and see from new perspectives. There is more love in your present and future than you can ever imagine!

Look forward to the love that awaits you, in all its expressions and forms. When you're ready to see it, it will be there.

Rose quartz is a great stone to help you open your heart to love in a big way. It's considered the universal stone of peace and unconditional love. In particular, rose quartz embodies unconditional agape love. It harnesses love for self, others, and all of creation. The transcending power of rose quartz is sure to open your heart chakra, reawaken trust, and dissolve negative energies. It magnifies love and represents bonds that transcend time and space.

Rose quartz will support your intentions to give and receive true love and deep affection.

5. Move With Love

Act with love, and love will find you. What does it mean to move with love? There is definitely not one answer, but some examples are showing compassion, helping others, listening with an open heart, sharing, caring, and being kind. Consider what love looks like, sounds like, and feels like. Can you be more of that in your day-to-day life?

Truly, love has no definition, so there's no limit to how it lives in and flows through you. Move through each day in the space of loving grace, and you will attract this energy in return.

In Closing

I hope these words meet you and your heart chakra with compassion and understanding. May they guide your heart to what is meant for you and remind you that each day brings new opportunities for growth.

Reflect on your past with care and forgive the mistakes you've learned from. Most importantly, love yourself, every quirk and facet of your physical and spiritual energies, because they have brought you to the present moment. You are where you're meant to be.

Never stop growing, never stop learning, and never stop loving. ◆

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The Power of Spirit Guides

By Willie Windwalker Gibson

A shaman deals with spirits constantly. In fact, spirit guides help me all of the time, and when I'm faced with a task, they are there for me. When I'm faced with danger or an illness, they are there for me.

The reality is, they are there for everyone. Each one of us has spirit guides — whether they are relatives or assigned to you by God.

Often, people will ask me about spirit guides, and I try to train those people on how to connect with their guides.

Spirit guides are not to be feared. They won't intrude unless they are asked. If a spirit tries to push themselves on a person, they are not a true guide. In fact, spirit guides will most likely protect you from such energy.

In fact, I'd like to share a personal story about spirit guides.

* * * *

When I was a police officer in 1980, I often worked the late shift. I would go out in my cruiser policing very desolate areas of town. And I was always alone. During these nights, I would ask my spirit guides to watch my back, and they would.

One night, I got a call to go to a building with a possible break-in. The location was an old factory that had been shut down for years. I had been sent there before, and usually it was a homeless person trying to find a place to sleep. I'd take care of whatever was happening and move on.

But, this night, when I pulled up to the factory, I had a very strange feeling. I got out of my cruiser and began walking around. I found nothing after looking around outside. Then I moved inside for a closer look.

As I walked around the factory, I could hear voices. I followed the voices and eventually found several people standing around. I told them I was the police, and they took off running. I carefully followed them as they scattered in different directions.

But then the weird feeling got stronger within me. Suddenly, I heard a voice say, "Get lost cop!"

Then I heard a pop, which I knew to be a gunshot. I quickly took cover while drawing my gun.

I shouted out that I had called for backup. I actually had not. My radio was in the cruiser. I then heard footsteps running. I said out loud, "Guides, keep me safe." After saying those words, I felt a sense of calm come over me, and I knew I would be safe.

I slowly moved forward and looked around. The building was empty.

That night, I knew I was protected. I did wonder what my guides would have done if the gang of men decided to fight me.

One word of advice: Spirit guides can be powerful, so be careful when you ask your guides for help. Be specific about the help you want. ◆

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